

Salmon pulls it all together for tasty taco night



Photo Susie Iventosch

By Susie Iventosch

Generally speaking, fish doesn't excite me all that much, ever since dining on Friday night fish sticks as a young Catholic kid. In those days, good fresh fish was really hard to come by, especially in the Midwest where I grew up. But my husband and kids all love

fish and nowadays there is an abundance of fresh fish available in the markets. Besides, my doc says it's good food for improving the healthy cholesterol, and so it's part of the diet. Salmon and steelhead are my favorites and the other day I found a beautiful, wild and fresh sockeye salmon filet at the market. My idea was to make street tacos out of it,

but it looked so good, we ended up grilling the whole filet and serving the tortillas on the side to scoop up the Pico de gallo and the feta-yogurt cream. This could easily be an in or out of taco dining experience!



Susie can be reached at suziventosch@gmail.com.

This recipe can be found on our website: www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.

Deconstructed Salmon Tacos with Pico de Gallo, Feta-Yogurt Cream and Citrus Cilantro Slaw

(Serves 4)

INGREDIENTS

Fish

- 2 pounds salmon filet
- 2-4 teaspoons Cajun spice
- 8 mini street taco tortillas (for tacos or to serve on the side)

Place fish, skin side down on the piece of foil, large enough to hold the whole piece. Season the top side with Cajun spice. Place foil directly on grill on high heat. Barbecue anywhere from 5 to 15 minutes depending on type and thickness of the fish and desired doneness. I cooked a fairly thin piece of sockeye salmon, so it cooked very quickly in just five minutes, but thicker fish will take longer. To serve, use a spatula to carefully peel the salmon off the skin (which by now is adhered to the foil) spoon feta-yogurt cream over fish and Pico de Gallo over feta sauce. Serve slaw and mini street tortillas on the side.

Pico de Gallo

- 2 cups diced fresh tomatoes (cherry or large tomatoes are fine)
- 1 cup (loosely packed) fresh cilantro leaves, coarsely chopped
- 1 small red or yellow onion, finely diced (about ½ cup)
- 1 jalapeño, stem and seeds removed, and finely diced
- 2-3 teaspoons fresh squeezed lime juice
- ½ teaspoon salt (plus or minus according to your taste)

Gently toss all ingredients together. It's best to make this just before you're ready to serve it.

Feta-Yogurt Cream

- 1/2 cup crumbled feta cheese
- ½ cup plain, nonfat Greek yogurt
- 2 tablespoons whipping cream
- 1 teaspoon lime juice

Place feta in a small mixing bowl and smash with a fork. Add yogurt and mix until well blended. Stir in cream and lime juice.

Citrus Cilantro Slaw

- 4 cups thinly sliced red and green cabbage
- ½ cup whole cilantro leaves
- ¼ cup olive oil
- 1-2 tablespoons lime juice
- ½ teaspoon cumin powder

Toss all together just before serving.

You can find most of the recipes published in the Lamorinda Weekly on our website.

Food tab:

www.lamorindaweekly.com/html2/food1.html

Rabies awareness



Bigstock images

By Mona Miller, DVM

Every year since 2007, World Rabies Day has been observed on Sept. 28. This is a worldwide effort to raise awareness about this deadly virus and encourage prevention and control measures. This year's theme is "Share the message, Save a life." This disease is almost entirely preventable through vaccination. In spirit of the theme, I'd like to share some information about rabies.

Rabies is a virus, transmitted through bite or scratch wounds from infected animals. Any mammal can be infected. The virus will often start to become active within one to three months, although it can be dormant for a year or longer. Once signs develop, it is a fast-acting process resulting in behavior changes, slow reflexes, irritability, viciousness, disorientation, paralysis, coma and death. Often there are only one to two weeks between the onset of signs and death. There is virtually no testing to confirm rabies prior to death in suspected victims. The virus is found

in the brain on post-mortem examination.

Animals infected with rabies can show unusual behavior. Wildlife animals might act unafraid of people, approaching individuals in parks or on trails. Nocturnal species such as skunks and bats might become more active during the day. Bats might be unable to fly, and other animals might have difficulty walking, drinking or eating.

Rabies virus is found on every continent except Antarctica, and is responsible for approximately 59,000 human deaths each year worldwide. Exposure to rabid dogs is still the number one cause of human rabies death.

The incidence of rabies in the United States is much lower than in other countries. According to the Centers for Disease Control, the number of human deaths has decreased from about 100 each year in the early 1900s, to just a couple per year. This current low incidence is a direct result of successful programs in vaccinating domestic animals, as well as to the

availability of rabies treatment (post-exposure prophylaxis) for humans.

Currently, more than 90% of the 5,000 animal rabies cases reported each year in the USA involve wildlife. Prior to 1960, the majority of animal cases involved domestic animals, including dogs.

Many people believe that we do not have rabies in "our area." However, according to the California Department of Public Health 2018 report, our state had 225 cases reported. Most species were bats and skunks; a few others included fox and raccoon. In Contra Costa County, 5 bats were reported; Alameda County had 2 bats and Marin County had 7 bats reported. There was not a single reported case of a dog or cat. This is not because these species cannot get rabies disease – this more accurately reflects the importance and success of

vaccination programs.

Current California law states that dogs should be vaccinated as young as 3 months old. Cats are not legally mandated to be vaccinated, but many standard vaccine protocols consider rabies vaccine to be a "core" (nonoptional) vaccine for cats, including those published by UC Davis School of Veterinary Medicine. Cats can also receive this vaccine at 3 months old. The vaccine is very safe and protective.

I was recently reminded of the importance of pet vaccination when a client called to report he had submitted a bat found in his cabin to Plumas County officials and was awaiting the rabies test result. He wanted guidance about his dog's rabies vaccine status. Luckily, his dog is up to date on its rabies vaccine, so no

further action was required. (Also, luckily, the bat tested negative.)

The importance of vaccinating domestic animals, including all indoor cats, cannot be overstated. The vaccine guards against a mandate of euthanasia for a suspected pet victim, as well as protects the humans in the household. Most likely, a quarantine period (generally one to six months) will be mandated in the case of suspect exposure if the pet is current on its rabies vaccine. However, if the pet is not current on rabies vaccine, and there is sufficient reason to believe exposure has occurred, this is a public health hazard and euthanasia/brain testing can be ordered. Rabies is a disease that needs to be reported to the Center for Disease Control, and is not treated in animals.

Here are some informative websites:

- <https://www.cdc.gov/worldrabiesday/index.html>
- <https://www.cdc.gov/rabies/location/index.html>
- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/ReportedAnimalRabies.aspx>
- <https://www.vetmed.ucdavis.edu/hospital/animal-health-topics/vaccination-guidelines>